

**WHAT IS CLAIMED IS:**

1. An exercise device for use by bed-ridden persons, wherein said device is capable of being assembled to a bed and comprising:

5 a base unit, wherein a first portion of said base unit is positioned underneath the mattress of the bed, and a second portion of said base unit abuts an end of the mattress;

a top-side unit, wherein a first portion of said top-side unit is positioned to rest on the surface of the mattress, and a second portion of said top-side unit is attached to said second portion of said base unit; and

10 a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said first pedal portion to a first receiving end located on said top-side unit;

whereby bed-ridden persons may use said first pedal portion to perform bicycle-like exercises with their hands or feet.

15 2. The exercise device of Claim 1, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving end located on said top-side unit;

20 wherein bed-ridden persons may use said first and second pedal portions to perform bicycle-like exercises simultaneously with their hands and feet.

3. The exercise device of Claim 2, wherein a housing encloses said first and second receiving ends located on said top-side unit, and said mounted housing extends orthogonally from said first portion of said top-side unit.

4. The exercise device of Claim 1, wherein said base unit is a hollow steel frame, and said first portion of said base unit is orthogonal to said second portion of said base unit.

5 5. The exercise device of Claim 4, wherein said top-side unit is a hollow steel frame, and said first portion of said top-side unit is orthogonal to said second portion of said top-side unit.

6. The exercise device of Claim 5, wherein said second portion of said top-side unit is male hollow frame and insertable into said second portion of said base unit, wherein said second portion of said base unit is a female hollow frame.

10 7. The exercise device of Claim 1, wherein said first pedal portion is connected to said first receiving end by a plurality of telescopic slidable shafts.

8. The exercise device of Claim 1, wherein said end of the mattress that said second portion of said base unit abuts is the foot end of the mattress.

9. A bicycle for use by bed-ridden users, comprising:  
15 an anchoring base unit comprising a frame portion and at least two attachments sections, said frame portion being stabilized by being positioned beneath a bed mattress and said at least two attachments sections being orthogonal to said frame portion and abutting an end of said bed mattress;

20 a top-side unit comprising a support portion and at least two connecting sections, said support portion positioned to rest on the surface of said bed mattress, and said at least two connecting sections being capable of attaching to said at least two attachments sections;

a mounted housing, perpendicularly extending said support section of said top-side unit, comprising a receiving feature; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said pedal portion to said receiving feature.

10. The bicycle of Claim 9, wherein said at least two attachments sections abut the foot end of said bed mattress.

5           11. The bicycle of Claim 9, wherein said first pedal portion is connected to said first receiving feature by a plurality of telescopic slidable shafts.

12. The bicycle of Claim 9, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving feature located within said mounted housing; whereby bed-ridden users may use said first pedal portion and said second pedal portion to perform bicycle-like exercises simultaneously with their hands and feet.

13. The bicycle of Claim 12, wherein said first pedal portion is connected to said first receiving feature by a first plurality of telescopic slidable shafts.

15           14. The bicycle of Claim 13, wherein said second pedal portion is connected to said second receiving feature by a second plurality of telescopic slidable shafts.

15. An exercise device for use by bed-ridden users, comprising:

a base unit, wherein a first portion of said base unit is positioned underneath a user support, and a second portion of said base unit abuts an end of said user support;

20           a top-side unit, wherein a first portion of said top-side unit is positioned to rest on the surface of said user support, and a second portion of said top-side unit is attached to said second portion of said base unit; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said first pedal portion to a first receiving end located on said top-side unit;

5       whereby bed-ridden users may use said first pedal portion to perform bicycle-like exercises with their hands or feet.

16. The exercise device of Claim 15, wherein said user support is a flat bed mattress.

17. The exercise device of Claim 15, wherein said user support is an adjustable bed mattress.

10       18. The exercise device of Claim 15, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving end located on said top-side unit;

15       wherein bed-ridden users may use said first and second pedal portions to perform bicycle-like exercises simultaneously with their hands and feet.